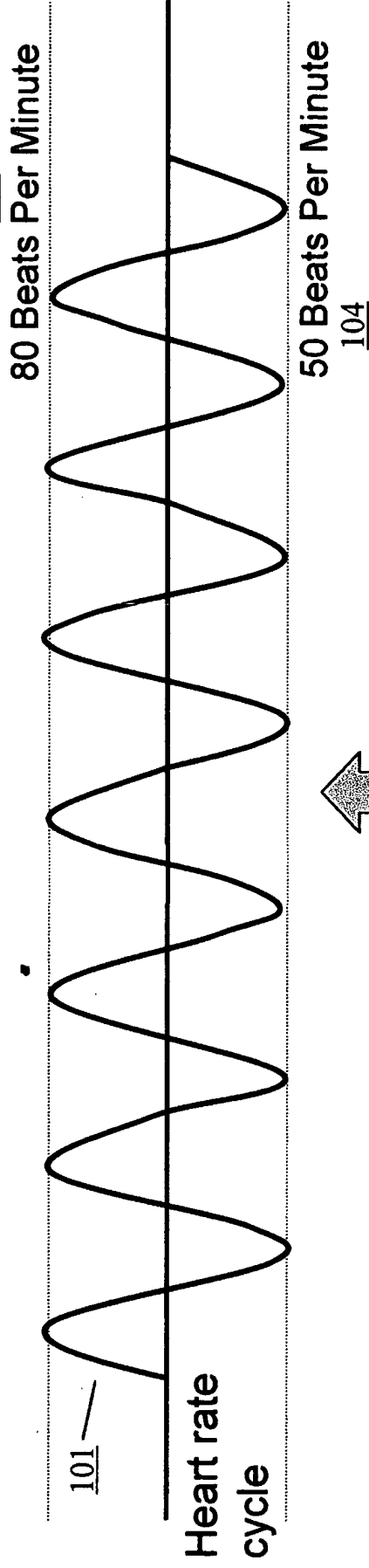
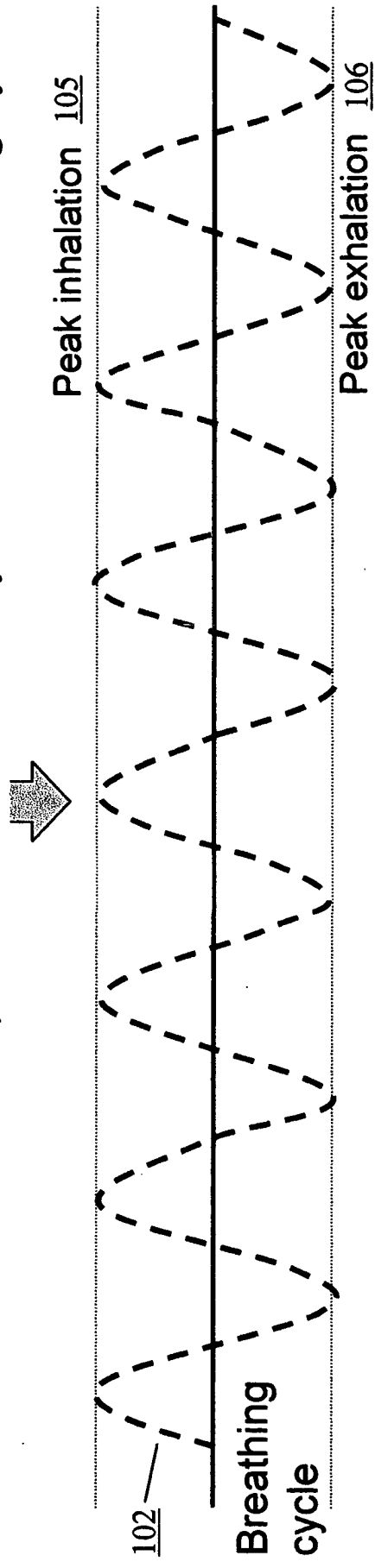


The heart has it's own rhythm or tendency toward rhythm. <sup>103</sup>

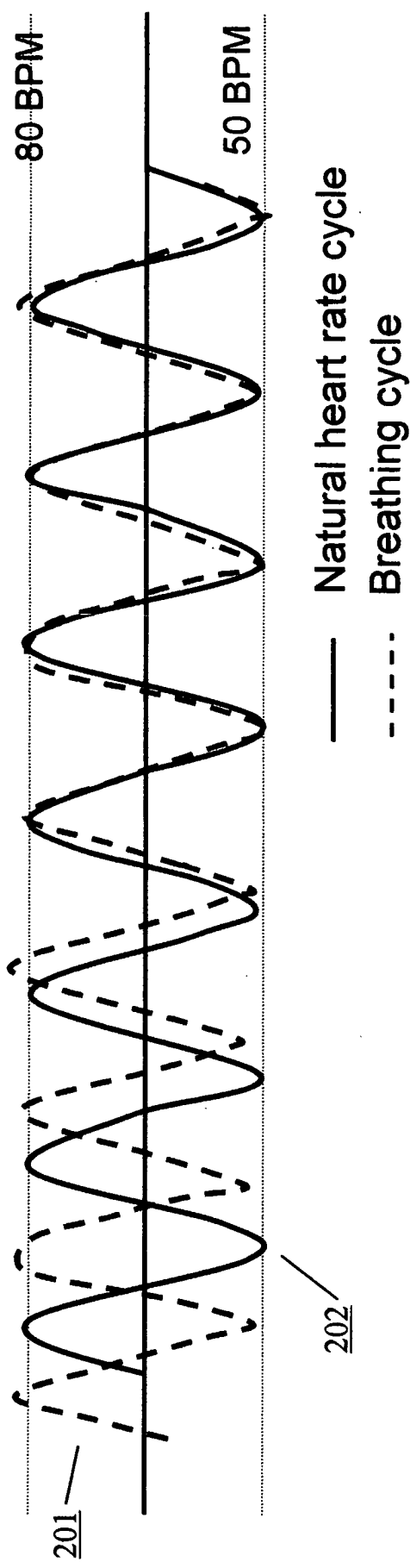


There is a relationship between the heart cycle and the breathing cycle.

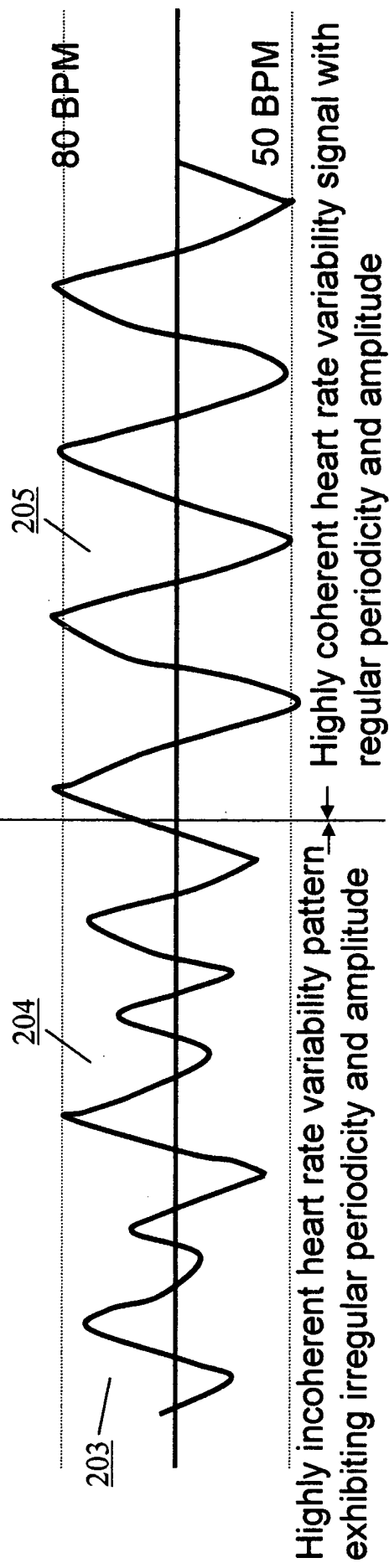


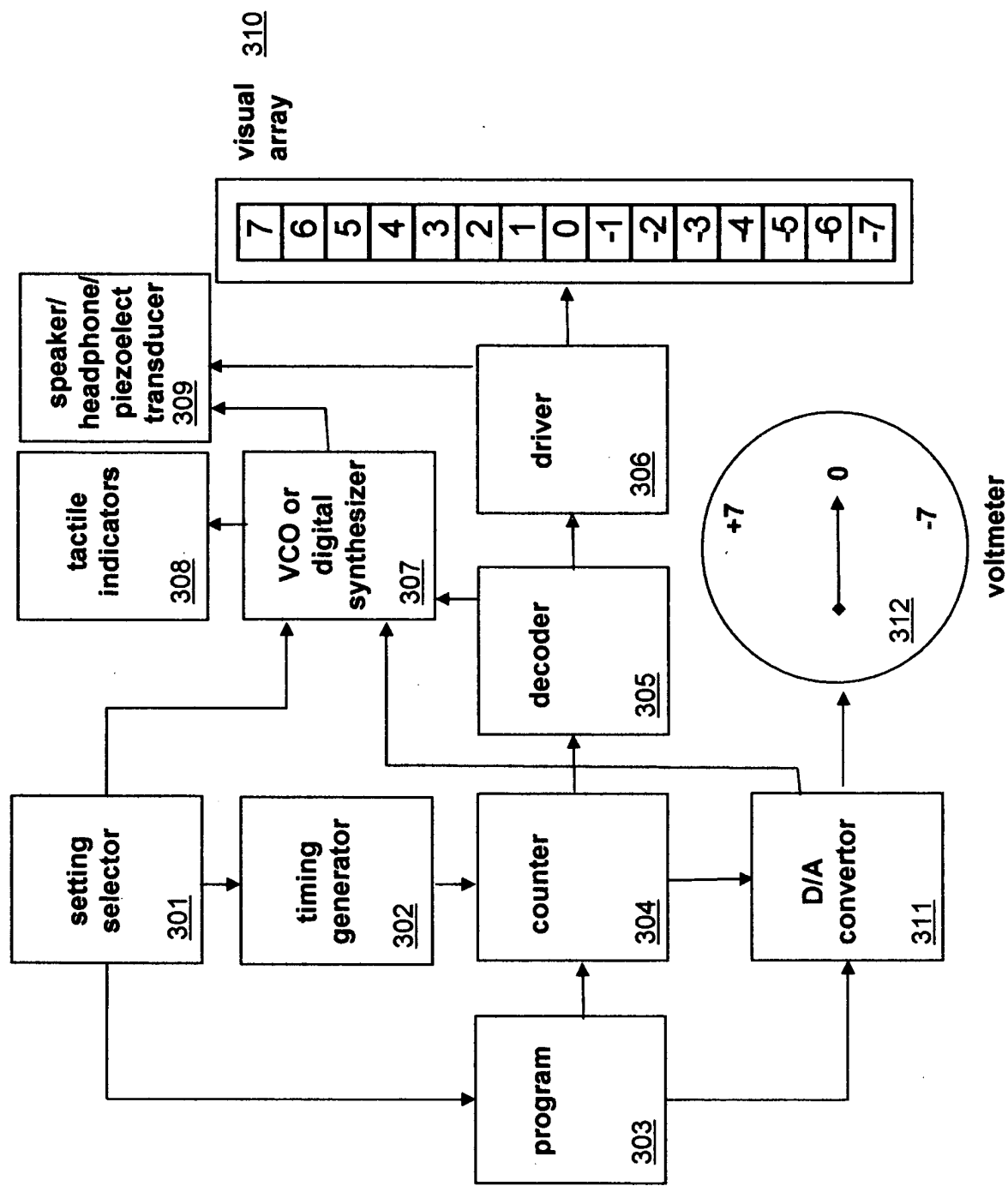
The breathing cycle has a separate but related rhythm. This rhythm can be shorter or longer than the natural heart rhythm and change dramatically with activity, etc.

Depicts the breathing cycle and the natural heart rate cycles moving from misalignment to alignment.



Resultant heart rate variability pattern:





401

402

403

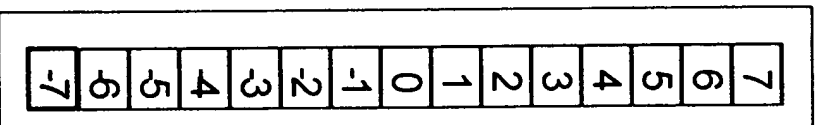
| Setting Selector (Hertz) | Period (seconds) | Timing Generator Output (Hertz) |
|--------------------------|------------------|---------------------------------|
|                          |                  |                                 |
| 0.070                    | 14.286           | 0.476                           |
| 0.075                    | 13.333           | 0.444                           |
| 0.080                    | 12.500           | 0.417                           |
| 0.085                    | 11.765           | 0.392                           |
| 0.090                    | 11.111           | 0.370                           |
| 0.095                    | 10.526           | 0.351                           |
| 0.100                    | 10.000           | 0.333                           |

400

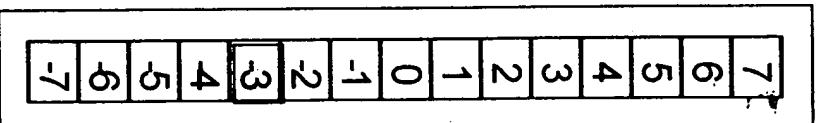
inhalation



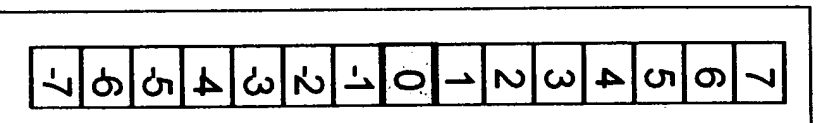
501



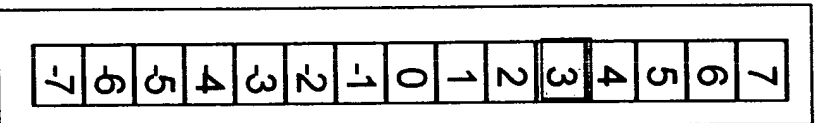
502



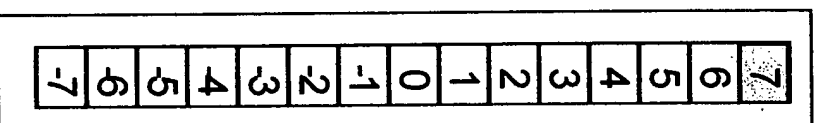
503



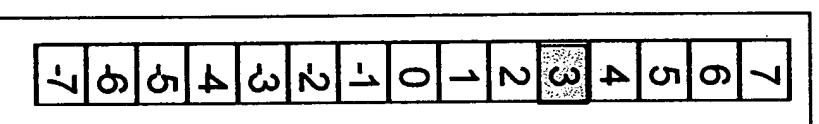
504



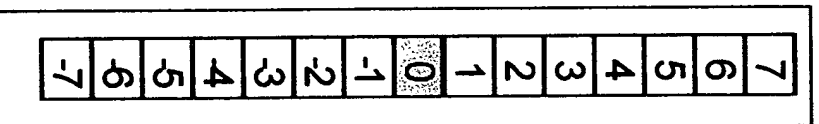
505



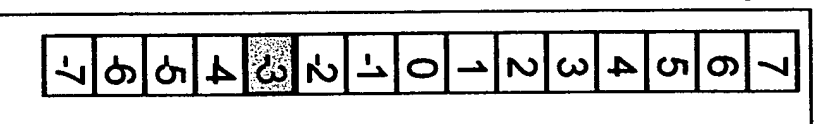
506



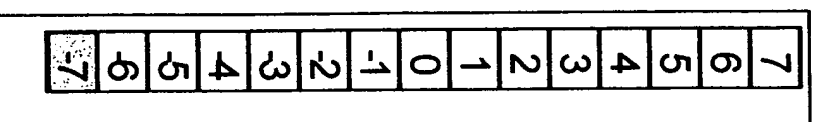
507



508



509



exhalation



t = 1

t = 2

t = 3

t = 4

t = 5

t = 6

t = 7

t = 8

t = 9

